

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 2: Servings of Fruits and Vegetables Eaten by California Adolescents

For each meal and snack:

Did you eat any fruits or vegetables, or drink any juice for [meal or snack] yesterday?

Which fruits, vegetables or juice did you have?

How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?

	Reported Mean Servings of Fruits and Vegetables		
	Fruits, Vegetables, Salads and Juices	Fruits and Juices	Salads and Vegetables
Total	4.3	3.0	1.3
Gender			
Males	4.4	3.2 **	1.2
Females	4.2	2.8	1.3
Ethnicity			
White	4.1 ^a *	2.6 ^a ***	1.4 ^b ***
African American	4.4 ^{ab}	2.8 ^{ab}	1.6 ^{ab}
Latino	4.6 ^b	3.5 ^b	1.1 ^a
Asian/Other	4.0 ^{ab}	3.0 ^{ab}	0.9 ^a
Gender by Age			
Males			
12-13	4.8 ^b *	3.4	1.4 ^b *
14-15	4.2 ^a	3.2	1.0 ^a
16-17	4.2 ^{ab}	2.9	1.3 ^{ab}
Females			
12-13	4.5	3.2 ^b *	1.3
14-15	4.0	2.7 ^{ab}	1.3
16-17	4.0	2.6 ^a	1.4
Smoking Status			
Non-Smokers	4.4 ***	3.1 ***	1.3 **
Smokers	3.2	2.3	0.9
Physical Activity Status			
Regular	4.4 **	3.1 **	1.3
Irregular	3.8	2.7	1.1
Overweight Status			
Not at Risk	4.4 *	3.1 **	1.3
At Risk/Overweight	3.9	2.6	1.3

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

Some numbers may not add to total due to rounding. Numbers were rounded to the nearest tenth of a serving.

ANOVA

* p<.05

** p<.01

*** p<.001

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Table 3: Servings of Fruits, Juices, Salads, and Vegetables Consumed by California Adolescents

For each meal and snack:

Did you eat any fruits or vegetables, or drink any juice for [meal or snack] yesterday?

Which fruits, vegetables or juice did you have?

How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?

	Reported Mean Servings of Fruits and Vegetables			
	Fruits	Juices	Salads ¹	Vegetables
Total	1.5	1.5	0.2	1.1
Gender				
Males	1.5	1.7 ***	0.2	1.1
Females	1.5	1.3	0.2	1.2
Ethnicity				
White	1.3 ^a ***	1.4 ^a *	0.2 *	1.2 ^c ***
African American	1.4 ^{ab}	1.5 ^{ab}	0.1	1.4 ^{bc}
Latino	1.8 ^b	1.7 ^b	0.1	1.0 ^{ab}
Asian/Other	1.5 ^{ab}	1.5 ^{ab}	0.2	0.7 ^a
Gender by Age				
Males				
12-13	1.8 ^b *	1.6	0.2	1.2 ^b *
14-15	1.5 ^{ab}	1.8	0.2	0.8 ^a
16-17	1.3 ^a	1.6	0.2	1.2 ^{ab}
Females				
12-13	1.6	1.5	0.1	1.2
14-15	1.5	1.2	0.2	1.1
16-17	1.4	1.3	0.2	1.2
Smoking Status				
Non-Smokers	1.6 ***	1.5	0.2	1.1 ***
Smokers	1.0	1.3	0.2	0.6
Physical Activity Status				
Regular	1.6 *	1.5	0.2 **	1.1
Irregular	1.3	1.4	0.1	1.0
Overweight Status				
Not at Risk	1.5	1.6 *	0.2	1.1
At Risk/Overweight	1.3	1.3	0.1	1.2

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Data should be interpreted with caution due to small sample size in each cell.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001

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Table 4: California Adolescents Who Reported Eating Less than 1 Serving of Fruits and Vegetables, No Fruits or Juices and No Vegetables or Salads

For each meal and snack:

Did you eat any fruits or vegetables, or drink any juice for [meal or snack] yesterday?

Which fruits, vegetables or juice did you have?

How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?

	Reported Mean Servings of Fruits and Vegetables		
	Reported Having Less than 1 Serving of Fruits or Vegetables, % ¹	Reported No Servings of Fruits or Juices, % ²	Reported No Servings of Vegetables or Salad, % ²
Total	6	13	48
Gender			
Males	7	14	50
Females	6	12	46
Ethnicity			
White	6	14	40 ***
African American	8	19	49
Latino	7	11	56
Asian/Other	6	11	51
Gender by Age			
Males			
12-13	7	11 *	47
14-15	4	11	57
16-17	9	20	46
Females			
12-13	3	8	47
14-15	8	13	47
16-17	6	15	44
Smoking Status			
Non-Smokers	6 ***	11 ***	46 *
Smokers	14	28	57
Physical Activity Status			
Regular	5 ***	12	45 **
Irregular	11	16	57
Overweight Status			
Not at Risk	6	12	47
At Risk/Overweight	8	16	48

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Calculated using average servings of fruits and vegetable for the individual. Categorized as having less than 1 serving of fruits and vegetables.

² Categorized as having less than .5 servings of fruits or vegetables.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 5: Proportion of California Adolescents Who Ate the Recommended Servings of Fruits and Vegetables

For each meal and snack:

Did you eat any fruits or vegetables, or drink any juice for [meal or snack] yesterday?

Which fruits, vegetables or juice did you have?

How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?

	Servings of Fruits and Vegetables, %				Met the Recommendations ¹ for Fruits and Vegetables, %
	0 ²	1-2	3-4	5+	
Total	6	24	29	40	30
Gender					
Males	7	23	28	42	23 ***
Females	6	26	30	38	38
Ethnicity					
White	6	27	29	38	28
African American	8	21	29	42	31
Latino	7	22	28	43	35
Asian/Other	6	26	31	38	24
Gender by Age					
Males					
12-13	7	16	25	52 **	27
14-15	4	29	28	38	20
16-17	9	23	31	36	22
Females					
12-13	3	25	31	40	40
14-15	8	26	27	38	38
16-17	6	28	32	34	34
Smoking Status					
Non-Smokers	6	23	30	42 ***	32 ***
Smokers	14	38	22	27	17
Physical Activity Status					
Regular	5	22	30	42 ***	31
Irregular	11	33	23	33	26
Overweight Status					
Not at Risk	6	24	30	41	32 *
At Risk/Overweight	8	29	28	36	23

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Recommendations equal 7 or more servings a day for boys and 5 or more a day for girls.

² Categorized as having less than .5 servings of fruits and vegetables.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 6: Belief by California Adolescents About the Number of Servings of Fruits and Vegetables Needed Each Day for Good Health

How many total servings of fruits and vegetables do you think you should eat every day to be healthy?

	Servings of Fruits and Vegetables Believed Needed, % of Adolescents		
	0-2	3-4	5+
Total	9	44	47
Gender			
Males	10	41	49
Females	8	48	44
Ethnicity			
White	7	45	48
African American	8	42	50
Latino	11	45	43
Asian/Other	10	41	49
Gender by Age			
Males			
12-13	9	35	56
14-15	6	47	47
16-17	14	41	45
Females			
12-13	6	40	54
14-15	7	51	42
16-17	11	53	36
Smoking Status			
Non-Smokers	8	44	48
Smokers	13	47	41
Physical Activity Status			
Regular	8	42	50
Irregular	12	53	34
Overweight Status			
Not at Risk	8	44	47
At Risk/Overweight	9	45	46

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 7: Cross Tabulation of Fruit and Vegetable Consumption Among California Adolescents by Belief in the Number of Servings Needed

How many total servings of fruits and vegetables do you think you should eat every day to be healthy?

How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack] (yesterday)?

		Believed Number of Servings, % of Adolescents	Servings of Fruits and Vegetables Eaten, % of Adolescents		
			0-2	3-4	5+
Servings of Fruits and Vegetables Believed to be Needed	0-2	9	47	26	26
	3-4	44	37	30	33
	5+	47	22	29	49

**

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

** p<.01

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Table 8: Reasons Why California Adolescents Are Eating More Fruits and Vegetables

What is the main reason you eat fruits and vegetables or drink fruit juice?

	Reason Reported for Eating Fruits and Vegetables, % of Adolescents		
	Health	Like Taste	Other ¹
Total	51	33	16
Gender			
Males	51	32	17
Females	51	34	14
Ethnicity			
White	45	38	17
African American	67	22	10
Latino	55	29	16
Asian/Other	55	31	15
Gender by Age			
Males			
12-13	58	27	15
14-15	52	35	13
16-17	45	34	21
Females			
12-13	62	27	11
14-15	49	35	16
16-17	43	40	16
Smoking Status			
Non-Smokers	54	31	15
Smokers	40	41	18
Physical Activity Status			
Regular	51	33	16
Irregular	53	32	15
Overweight Status			
Not at Risk	48	35	17
At Risk/Overweight	61	27	12

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Includes "Available," "Weight Control," "Important to Parents," and "Important to Me"

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent to rounding.

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 9: Barriers to Eating More Fruits and Vegetables Among California Adolescents

What is the main reason you don't eat more fruits and vegetable or drink more juice?

	Barriers Reported to Eating More Fruits and Vegetables, % of Adolescents								
	Not Available	Choose Other Foods	Don't Think About It	Don't Like Taste	Other ¹	Eat Enough	Not Enough Time	Not Important	Don't Know
Total	20	17	16	14	9	8	7	5	5
Gender									
Males	18	15	17	15	10	7	7	5	5
Females	23	19	15	12	8	9	7	4	4
Ethnicity									
White	24	18	17	10	8	7	7	3	4
African American	16	16	13	12	18	7	5	8	3
Latino	14	15	16	18	9	10	6	5	6
Asian/Other	21	19	13	13	10	5	7	7	4
Gender by Age									
Males									
12-13	10	20	17	17	11	9	5	3	8
14-15	18	13	16	15	9	9	7	7	6
16-17	25	12	18	14	10	4	8	6	2
Females									
12-13	15	20	20	14	9	7	4	6	5
14-15	21	20	11	15	10	9	8	2	4
16-17	32	19	13	6	6	10	8	3	2
Smoking Status									
Non-Smokers	18	17	17	14	9	8	6	5	5
Smokers	27	19	11	11	10	7	8	3	4
Physical Activity Status									
Regular	20	16	17	13	9	8	7	4	5
Irregular	18	20	13	16	11	8	5	5	5
Overweight Status									
Not at Risk	22	17	16	13	8	8	7	4	4
At Risk/Overweight	13	18	18	14	13	7	6	5	5

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Other includes "Poor Quality" and "Allergic."

A box around a group of numbers signifies that differences observed within this group are statistically significant.

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Chi Square Test

* p<.05

** p<.01

*** p<.001